



# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP

MARCH 2019 VOLUME 10 ISSUE 3

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Workers  
unionize at  
A2 coffee  
shop p. 6

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Photo by Ian Wilkinson

## Moving from dreams and recollection to making change



by Susan Beckett  
Publisher

*Change does not roll in on the wheels of inevitability, but comes through continuous struggle.*

– Martin Luther King, Jr.

For those pursuing justice, Black History Month and Martin Luther King Jr. Day are times to celebrate, reflect and refresh, but certainly not an end in themselves. It is the actions we take in the months that follow that foretell their effectiveness.

The theme of the University of Michigan's MLK Jr. Symposium this year was "unravel." As Dean of the U-M Ross School of Business Scott DeRue reminded listeners, we still fall far short

of equal distribution of opportunity in the United States. Many speakers noted the systemic knot of racism and poverty that needs to be untangled strand by strand.

Tim Wise, the symposium co-keynote speaker, anti-racist author and host of the podcast Speakout With Tim Wise, referred to the blinders we wear when it comes to injustice as the "threads that bind us in the garment of inequity." For example, he reminded us that we rarely hear Jobs and Freedom included in the name of the march in which King delivered his renowned "I Have a Dream" speech.

King said those who had come to the 1963 March on Washington for Jobs and Freedom were there to cash their checks because they refused to believe "the bank of justice is bankrupt" or that "there are insufficient funds in the great vaults of opportunity of this nation."

Opportunity programs and wage increases don't just appear as needed; people make them happen. One example is the Ann Arbor RESULTS group. They are ordinary people who shift and expand policies and legislation at the national level, promoting measures to end the worst aspects of poverty. Each month they tell their members of Congress about an aspect of poverty they can help remedy and urge them to act on it.

RESULTS wants more people to engage like this and are bringing Sister Simone Campbell (of Nuns on the Bus fame) to Bethlehem United Church of Christ on the afternoon of March 31 to headline a program called "Mending the Gaps – Why So Many People Feel Left Out."

"I think the frustration of so many is, 'What can I do to make significant change?'" said Carol Hafeli, a retired speech and language pathologist who has volunteered with RESULTS for the past four years. "I'm impressed that RESULTS is so proactive and has a 38-year track record of a small group making a large impact. I marched with millions of women in Washington,

D.C. but that doesn't move the policy needle as much as the slow and steady dripping on the rock we do as part of the coordinated national coalition of RESULTS groups."

Even in resource-rich Ann Arbor, a significant percentage of families struggle to meet their basic needs, which is less surprising when you learn that Ann Arbor is eighth among the nation's cities in income inequality. Most Ann Arbor public schools qualify for free and reduced breakfasts and lunches, and many students rely on these breakfasts and lunches for adequate daily nutrition.

**"Even if we feel trapped by our circumstances, with the support and encouragement of others we can take a step beyond our perceived limitations and contribute to a better world."**

Shop who provide goods for poor people and subsidies for students, but I have not felt there the effectiveness and the bipartisan piece that I feel when advocating with RESULTS," said Murphy, who started taking RESULTS actions a couple of years ago and became a regular activist last year. "It's not enough to meet emergency needs. We need systemic solutions like the school feeding programs that RESULTS helped save and expand," Murphy said.

"I am proud to be a member of RE-SULTS because the voices of individuals who have lived in poverty are valued, and perspectives that have been left out of conversations on Capitol Hill for far too long are centered in all of our advocacy work," said Susan Fleurant, a first-year U-M law student. "RESULTS elevates the strengths and contributions of young advocates and empowers people from all backgrounds to recognize their potential to make a difference through advocacy."

Lester Wyborny, who started with a RESULTS group in California and has been with the Ann Arbor group for more than 15 years, approaches poverty alleviation through the lenses of his engineering and master of public health degrees. "The Washtenaw County poverty rate is 14.8 percent, which is higher than the national average of 14 percent," Wyborny pointed out. "Programs such as Earned Income Tax Credit, Child Tax Credit and SNAP, which RESULTS lobbies for, have caused the adjusted poverty rate to decrease substantially over time."

RESULTS also lobbies for Head Start and Early Head Start, which help reduce intergenerational poverty in the United States, and for education, health and economic opportunity initiatives that have greatly reduced worldwide poverty and needless child deaths.

In full disclosure, I have been a core member of the Ann Arbor RESULTS group for 26 years and it was what opened my eyes to the opportunity of a street newspaper. I often feel like my work with Groundcover News is keeping people alive and out of jail until a better solution to their situation is found – like throwing one starfish after

see MAKING CHANGE, page 6

## A little dab can do ya



by Rev. Dr. Martha Brunell  
Groundcover Contributor

The early years of television coincided with my childhood, and a few advertising jingles from the 1950s and 1960s still show up occasionally in my awareness. Back then, the English hair product Brylcreem, which promised a slicked-back look for the guys, assured one that "a little dab'll do ya." In other words, a small amount will be enough, will take care of the job, will give you the perfect desired outcome.

Small things do often have the capacity to tip the scales or to make all the difference in the world. Winter 2019 on the broad prairie land of northern Illinois has been grueling. The weather reports week after week have been filled with multiple and often overlapping weather alerts. There have been repeated warnings for dangerously low temperatures, high gusting winds, ice storms, blowing and drifting snows, thick fog and various combinations of

these challenging elements. The loop of weather issues has been running continuously.

Personally, I like winter, but I finally had to concede in February that I was traumatized by the daily grind of trying to get from my home six-and-a-half miles outside of town to anywhere.

It was wise to keep a watchful eye on power lines sagging low to the ground and whipped into motion by the wind. Each day I faced the looming question regarding whether to cancel or go ahead with planned events. I listened night after night, when the combination of wind and ice felled one branch and then another from the old trees around the parsonage. As those branches thud to the ground, they make this huge whooshing sound like the outstretched wings of a gigantic pterodactyl rising from the ground. This winter has had a predatory presence.

I did have a chance to get away for a

week. Friends and I were in Florida on the beach visiting other friends who live there now. Our return flight to Chicago got in at suppertime Saturday. A few hours later I was back to carefully crawling over a winter landscape, ever vigilant about what lay under my tires and how far I could see. My relief was

**"Even when what is in our line of sight is only the big stuff pressing in, something small may be all that requires our attention."**

palpable when I got home and the automatic garage door actually opened as it was supposed to. However, closing that door was a different story.

I pressed the door opener in my car. I pressed the buttons on the main panel in the garage. And then I tried again, but I only heard grinding gears as the door shook and rattled with jerky and simultaneous motions up and down, in effect moving not an inch. All the while, the overhead light in the garage, part of the door system, blinked furiously like an out-of-control strobe light. It was late. I was tired. Sunday morning, a

heavy work time in my schedule, would dawn in just a few hours.

I wasn't sure what to do next, and then I remembered to check the electric eyes, north and south, positioned on the garage floor. Prairie winds need about as much space as a tiny mouse to gain entry into a closed space. The winds had blown a sufficient amount of light snow under the door while I was gone to cover the electric eye to the north. I brushed it away with the tip of my boot to reveal a blinking green light that could now communicate with its partner to the south.

It didn't take much, just a little dab or two of snow rightly positioned, and the necessary communication to interrupt normal function had rendered the door unworkable.

In a season of facing oversized weather realities day after day, I stood in gratitude that night for the reminder to never dismiss the importance of a tiny shift, a small action, just one step. Even when what is in our line of sight is only the big stuff pressing in, something small may be all that requires our attention.

## Washtenaw Housing Education Partners Making The Dream Of Home Ownership A Reality



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Pre-purchase homebuyer educational seminars are held throughout the year along with individual pre-purchase housing counseling with certified housing counselors.

### NEXT SEMINAR DATES:

March 12, 2019 from 9:00 am - 4:00pm  
Western Washtenaw County Service Center  
MSUE Classroom  
705 N. Zeeb Road, Ann Arbor, MI

April 10 & 17, 2019 from 6:00pm - 9:00pm  
Washtenaw County LRC Building  
4135 Washtenaw Ave, Ann Arbor, MI

Visit [www.washtenaw.org/homeownership](http://www.washtenaw.org/homeownership) or call 734.222.9595 for more details

## GROUNDCOVER MISSION:

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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writing, proofreading, social media, work in our office, baking for birthdays, and more!

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or attend our next Volunteer Meeting:  
Wednesday, March 13 at 7pm  
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Opposite the elevator on the basement level

## Dialectical Behavior Therapy de-escalates stress, helps beat addiction

by Zhandra S.

Groundcover Vendor #233

Before I even dared to dream that I would not longer struggle with addiction to alcohol and as a result, homelessness, it was hard to imagine that I would get my life somewhat together at some point.

It was then when I learned that I could benefit from Dialectical Behavioral Therapy, also referred to as DBT. It was thanks to my therapist that I found out about it. Her suggestion was on point. I haven't even learned that much about DBT, but the little I do know makes me

think that anyone who faces the struggles I have would benefit from it.

Developed by Marsha Linehan, DBT helps people deal with overwhelming emotions without losing control or acting destructively.

According to Matthew McKay, Jeffrey C. Wood and Jeffrey Brantley in “The Dialectical Behavior Therapy Skills Workbook,” research suggests that overwhelming emotions derive from birth and/or trauma or neglect particularly during childhood. Trauma at critical points in people's development alters their brain structure in ways that make

them more vulnerable to intense, negative emotions.

People who struggle with overwhelming emotions sometimes feel the force of a tsunami hitting them and, when they get swept away, suppressing their emotions doesn't work. But DBT does.

There are four modules of DBT that help people keep their balance by reducing the size of emotional waves:

- **Distress tolerance** emphasizes crisis-survival strategies, acceptance of reality and tolerating some of the most stressful emotions when the situation or emotions can't be changed in the

moment. It helps people build up their resiliency and gives them new ways to cope with the effects of negative circumstances that are outside their control.

- **Mindfulness** increases awareness of self and environment, emphasizing the ability to take hold of your thoughts and attention. Then you are more able to fully be in the present moment, rather than re-feeling painful past experiences or worrying about what the future holds. It also gives people tools to overcome negative judgments about themselves and others.

see DBT THERAPY, page 10

## Boober update – selling advertising and marketing my book



by Kevin Spangler  
Groundcover  
Vendor #307

I am putting together a marketing plan for the book I'm writing with my partner, Ariel, and made a Facebook page for it. I am also looking for celebrities to endorse the book.

It has been real busy for pedicabs servicing University of Michigan winter sports with winning records. And we are delivering for Silvio's Organic Pizzeria, one of the four jobs I worked to save up to buy my first cab.

Advertising is a big part of Boober's business model. This is the basic letter I send to those businesses I want to advertise on Boober pedicabs:

Dear [business owner]:

Congratulations on your success in dominating the field of your expertise and proving that you can do anything you put your mind to. A lot of times people run into roadblocks and they turn around because they have a belief that it is impossible to get to that end goal on the horizon of their future success. You have shown that it can be done, like the first person to run the 4-minute mile.

For numerous reasons I had many roadblocks for many years. While being charged with my 5th DUI and 3rd resisting arrest I found out I was having a son and I started the

process of turning my life around. I started a pedicab advertising business based in Ann Arbor.

I started a unique advertising business with one pedicab. My business model is based on entertainment and having fun. We have expanded to 15 cabs with lit box signs on the back, two lit advertising billboards tricycles, and three billboard party trailers. All in two-and-a-half years.

Boober Tours is unique in that we are flexible to envisionize any vision you have and bring it to fruition.

My goals:

- Turn Boober Tours into a multi-billion-dollar company that positively impacts the world.
- Boober Application: A social media, advertising, transportation business that releases cars, pedicabs, all entertaining night transportation — like Uber but better.
- Dominate the outdoor advertising business.
- Dominate the digital advertising business.

Complete writing a self-help book called “Rising Out of Depression and Going Up the Royal Road.” This book teaches people how to “envisionize.” Here is the definition we created:

*Envisionize (v.)* To use one's fantastical ability to envision limitless possibilities for themselves, others, or the world-at-large while simultaneously using one's practical or pragmatic ability to visualize positive outcomes

based in tangible or concrete reality. This process of seeing what is currently impossible as possible results in one's ability to change and step into a new reality of their own creation. This is the work of a visionary who takes action upon reality. When individuals envisionize with the same vision, together we change reality on a grand scale.

**Advantages of using Boober Tours: A Vision**

Our advertising gets more attraction because we are out every day giving free rides courtesy of the advertiser. Our impressions are more powerful because the people consistently see your advertisements, and this effectively brands your services into their brain.

Advertising is all about attraction. When we have our party trailers filled with happy, hooting and hollering people, it is creating a happy, positive memory for the people in and around the trailers. Our brains are programmed to create memories during times of happiness, which is important to you because when customers finally get into a situation where they need what you have to offer, their subconscious directs them to you.

In Ann Arbor, we have the University of Michigan, which brings in thousands of people for their winter sports and on a normal daily basis the city is operating with a student population of over 50,000 individuals. And during the football games the stadium is the biggest in the country (107,601 people and another

100,000 people tailgating). Ann Arbor has many other events as well, such as art fairs and film festivals, that typically draw large crowds into the streets where they see our pedicab advertising.

An added bonus: I get a lot of publicity for turning my life around and helping the community. I have had three documentaries, multiple commercials and multiple articles made about Boober Tours. Being seen subliminally every day on social media would be a bonus to you. I also use a technique to have all your branding easily seen when I take pictures as well as when my patrons take pictures.

As you can see, this advertising business is unique and superior to other forms. Now that you are supplied with this information, you may have a vision I have not thought of that could work for you. Together we can envisionize a strategy to make you more money to advertise more. I am proud to say my clients have been with me from the very beginning, and as I grow. I even offer my services as a spokesperson for one of my clients, United Way, sharing my life experiences for the sake of helping others through challenging, difficult and magnificent times of change.

We are both in the business to help. Let's help each other out. Boober Tours – the only way.

Kevin Spangler



## Toledo Streets' vendor of the year: Wanda Boudrie

by John Keegan

Toledo Streets Director

*Wanda Boudrie, a vendor for Toledo, Ohio-based street paper Toledo Streets, was recently named its Vendor of the Year. The publication's director John Keegan reflects on what it is about Wanda's personality that lights up the lives of Toledo Streets' staff, vendors and readers.*

I met Wanda in July of 2016, just a few weeks after I'd joined the Toledo Streets team at the end of the preceding April. I was scrambling to get a grip on just how this street paper thing was working here in Toledo, and Wanda rolled in, interested in giving it a try, too.

I was a little uncomfortable interacting with her, as I had worked with only one other wheeled person and was already hypersensitive to the needs and expectations of the population I'd just signed on to serve. Would she appreciate help opening doors, or was she vehemently opposed to anything that could be interpreted as pity? Was the subject of her disability strictly off-limits, or was she comfortable with it? Fortunately for me, Wanda had no hang-ups about it at all, often making the obvious horrible puns before I had the irreverent chance. She engaged with me and the program fully, and soon became a familiar and welcome face at our weekly business meetings, which she rarely – if ever – misses.

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she coordinates sales hours among the vendors who work at the downtown Bureau of Motor Vehicles, as well as at MudHens and Walleye games [minor league baseball, and professional hockey, teams based in Toledo]. She has also cultivated an excellent rapport with staff and customers at Black Kite Coffee. You may run into her there on a weekend.

I've found her to be patient, kind, and wise. It's a rare thing for her to lose her cool under pressure, and on several occasions she diffused vendor conflicts before they were elevated to the need for management to step in to resolve them. She makes my job easier, and for that I am grateful.

A lifelong resident of the Toledo area, she found herself living on the streets after a bad marriage, and spent five years living in shelters. She's been in her own apartment for four years or so now. “Selling the paper helps to make ends meet and gets me out of the house. I like meeting new people,” says Wanda.

And meet them she does. Wanda has placed in the top three in sales among all active vendors for the past year, and spent the overwhelming majority of that time sitting near and shoulders above her competition from the start.

The secret to her success? “Make sure you go to work every day, and stick with it – especially through the slow times. Sure, I know I get some pity sales for ‘that poor old lady in the wheelchair,’ but it's much less frequent than the other vendors think.”



Wanda Boudrie helps those she meets feel comfortable around people with disabilities as she works hard and cultivates cooperation among Toledo Streets' vendors and customers.

Wanda is an insulin dependent diabetic, a condition which has cost her both of her legs. But if you get to know her, you'd think she never missed a step. She is amazing at getting around in her motorized wheelchair, and frequently attends sporting events (Wanda is a huge Walleye fanatic) and concerts. Earlier this year she was finally fitted with prosthetic legs, and is now working through some health issues and physical therapy to loosen the dependence on her wheel chair. She constantly reminds us of the new boots she intends to purchase for dancing.

While she may need the wheelchair for now as a tool, the wheelchair does not

own or define who she is. While her performance alone would be sufficient to place her among those considered for Vendor of the Year, it's her attitude, resilience, and determination that show our vision: Hope. Community. Change.

When asked about a philosophy she lives by, Wanda's came down to: “Be polite and treat everyone with respect. ‘Thank you’ or ‘God Bless You’ doesn't cost a thing.”

Courtesy of Toledo Streets / INSPngo

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—MICAH 6:8

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## Workers unionize at Ann Arbor coffee shop

by Simeon Becker  
Groundcover Contributor

Baristas are a mainstay of the Ann Arbor community, and they're making big strides for their jobs and the local economy.

The Washtenaw Area Coffee Workers' Association, WACWA, is a union of baristas and other service workers formed at Mighty Good Coffee late last year. It is only the second baristas' union in the nation after Gimme! Coffee in Ithaca, N.Y., became unionized in June 2017 and negotiated a contract in February 2018. Founding members Alec Hershman, Stephanie Bland and Alex Bozarth gave a candid interview to WCBN, the University of Michigan's student-run radio station, about the union in late January, and the group made the Munchies section of Vice.com earlier that month.

"We definitely would love to support and grow with any other coffee shops or similar kinds of businesses in the area who feel like maybe they have something to gain by coming together as a workplace and a group of workers and negotiating with their employer," Hershman told WCBN. "We have a couple of goals. One is to support the coffee community and coffee workers, and also to raise awareness about coffee workers and service workers more generally," he said. "We're a group of baristas, but we have a lot in common with servers and bartenders and all the

line cooks and food service workers in the county, and that's thousands of workers."

WACWA announced themselves in October 2018 and asked Mighty Good Coffee for recognition. That recognition was promptly granted. In many workplaces, employers opt not to voluntarily recognize the union and employees must put the ratification of a union to a vote.

One of the long-term goals of WACWA is to educate other local service workers who may unionize about their rights and responsibilities, and how to handle such situations that may arise in the process.

"If you think you want to be involved in some sort of a union, I'd say start by talking with your coworkers," Hershman said. "After that, consider reaching out to others who are in a labor union. We have a Facebook page, an Instagram page ... You can reach us at wacwabaristas@gmail.com; we're happy to answer questions if we can."

Stephanie Bland, a service industry worker for more than 10 years, offered some perspective on reasons for unions in service jobs. "In my experience, most business owners always have good intentions toward their employees," she said. But "they tend to not educate themselves about the rights their workers have and unintentionally break obvious labor laws. ... It's not out of a

willingness to be exploitative on purpose; I think it's just part of a systemic problem. For service workers to understand that they do have rights to protect themselves, and to be able to organize together and have a little bit more power than they realized, is really great."

Many service workers collect tips, which are sometimes characterized as part of their hourly wages. But tips fluctuate and many service workers can, in reality, only count on making the Michigan minimum wage of \$9.25 per hour, well below the city of Ann Arbor's calculated living wage of \$14.75, which all city workers and contractors must be paid at the minimum.

Hershman also offers another perspective on wages: "If you're out there and you work in a restaurant, Steak & Shake or The Earle, whatever it is, you should be thinking, well, am I compensated fairly for my work? You know, how much does my labor contribute to that bottom line? And I think the answer for 99 percent of service workers is, we don't know. Unless you know how much profit your business makes, how

can you know if your wage is fair?"

WACWA is negotiating a contract with Mighty Good Coffee. They look forward to keeping the public apprised of the progress and engaging more with the Ann Arbor community.

"I don't care what your job is," said barista Alex Bozarth. "I don't care if it's fast food, or coffee or cleaning toilets. It doesn't matter. Everyone deserves a living wage."



Mandy Gallegos prepares a drink at Mighty Good Coffee on Feb. 9. Mighty Good Coffee recognized collective bargaining of employees through Washtenaw Area Coffee Workers Association in October, 2018. Photo by Simeon Becker.

## Making change

continued from page 2

the other back into the water. With RESULTS, I'm finding and pushing forward solutions that prevent the starfish from getting beached. It helps to keep me going and avoid the burn-out of dealing only with exigencies.

Dr. King said much about making a difference and thwarting the rationalizations that interfere with our proceeding to do so:

*Faith is taking the first step even when you can't see the whole staircase.*

*If I cannot do great things, I can do small things in a great way.*

*If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.*

Even if we can't see the whole staircase, it helps to see its outline, just as a fuller view of the interconnections of social issues helps us more effectively untangle the knot. Even if we feel trapped by our circumstances, with the support and encouragement of others we can take a step beyond our perceived limitations and contribute to a better world.

We've seen what happens when we leave it to politicians and lobbyists to decide our future. We need more ordinary people engaged in setting policy and finding solutions. How will you move us forward?

For more information about RESULTS, email [resultsannarbor@gmail.com](mailto:resultsannarbor@gmail.com) or visit [results.org](http://results.org).

## Mending the Gap

Why do so many people feel left behind?



A program featuring  
**Sister Simone Campbell**  
of *Nuns on the Bus* and the  
Executive Director of NETWORK  
*Reception to follow the program*

**WHEN:**  
Sunday, March 31  
Doors open at 2:00PM,  
Program at 2:30PM

**WHERE:**  
Bethlehem United  
Church of Christ  
423 S. 4th Ave

**TICKETS:**  
\$20 general admission  
\$5 students

Proceeds benefit RESULTS Educational Fund and our work to end poverty. Learn more at [www.Results.org](http://www.Results.org)

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## Buddhist storytelling – Jataka tales that resonate today

by Hayaan Kelli Conlin  
Groundcover Contributor

The Ann Arbor Zen Buddhist Temple will host a magical night of Buddhist storytelling at 7 p.m. March 23. The event features renowned storyteller and award-winning author Rafe Martin, whose performances have been featured at the National Storytelling Festival. Martin taps into a sense of wonder in audiences of all ages as he brings to life the ancient Buddhist Jataka tales, which feature the Buddha and his counterparts in former lives, taking on incarnations of animals, monsters and celestial beings.

His books, "The Endless Path" and "Before Buddha Was Buddha," bring these remarkable tales to life. The best-known of the Jatakas are featured in murals on the walls of ancient Buddhist Temples in Asia, but they have only recently been revealed to modern Western audiences, and Martin has been at the forefront of bringing them to life. In 2018, Forbes Magazine featured an excerpt from "Before Buddha Was Buddha," claiming that many of the lessons in the Jataka stories are applicable to life in the era of Donald Trump.

Children and adults are welcome to this event, which will be held at the Zen

Buddhist Temple, 1214 Packard St. in Ann Arbor. Cost for the event is \$25 for adults and \$15 for children (sliding scale is available). Space is limited. To reserve your ticket, please contact: [tinyurl.com/rafe-martin](http://tinyurl.com/rafe-martin).

Storyteller and author Rafe Martin (above) will regale audiences at the Buddhist Temple with tales of Jataka (right) on March 23.



## 45th Annual Dance for Mother Earth Powwow March 30-31



by Will Shakespeare  
Groundcover Vendor #258

*When you know who you are; when your mission is clear and you burn with the inner fire of unbreakable will; no cold can touch your heart; no deluge can dampen your purpose. You know that you are alive!*

– Chief Seattle, Duwamish (1780-1866)

The 45th Annual Dance for Mother Earth Powwow, co-sponsored by the

University of Michigan Office of Academic Multicultural Initiatives and the U-M Native American Student Association, will be held on March 30-31 at Skyline High School in Ann Arbor. The powwow is a celebration of American Indian culture. The annual event is one of the largest student-run powwows in the country, bringing together over 1,000 Native American singers, dancers and artists from across North America.

"People from diverse indigenous nations gather for the purpose of dancing, singing and honoring the traditions of their ancestors," according to ethnomusicologist Tara Browner. The ritual likely originated from one of the Algonquian nations known as the Northeast Indians. In the past, individual tribes

would gather and celebrate by themselves. Today, powwow is intertribal and inclusive.

The contemporary powwow is a fusion of different tribal traditions. "The songs and dances performed at 21st-century powwows derive primarily from those practiced by the warrior societies of the Plains Indians," Browner said, "with the greatest influences coming from the Heluska

Warrior Society styles common to the Omaha and Ponca peoples."

**Powwow in Washtenaw County**

In 1972, a small group of faculty, staff and graduate students at the University of Michigan initiated the powwow event in Ann Arbor. An energetic group of undergraduates, the Native American Student Association, took charge of planning and publicity for the annual event in 1976.

The powwow continued to get bigger and better each year. Local powwows have been held at Huron High School, the Michigan League, the Michigan Union, Cleary College of Ypsilanti, Pioneer High



The Dance for Mother Earth Powwow features songs and dances derived from warrior societies of the Plains Indians.

School, Chrysler Arena and Saline Middle School. In 2017, with the help of Eastern Michigan University's Native American Student Organization, U-M started to hold the powwow at Skyline High School.

**Land gift to U-M**

The University of Michigan is tied to Native Americans in its origin, history, growth and success. The annual powwow event mirrors the success of U-M's Diversity, Equity and Inclusion mission, which aims to "work to create a university community that reflects the vast, rich heterogeneity of the state and the broader society."

On Sept. 29, 1817, the Treaty of Fort Meigs was signed between Michigan's territorial governor, Lewis Cass, and the native tribes of Ojibwe (Chippewa), Odawa (Ottawa), and Bodewadimi (Potawatomi). These tribes resided in Michigan's Lower Peninsula at the time of Fort Meigs' Treaty.

see POWWOW, page 8

## Share Initiative piggybacks on Liberty Park ministry

by Zhandra S.  
Groundcover Vendor #233

Groundcover News vendors go to Pizza in the Park at Liberty Park on Friday nights to eat, socialize and refill supplies of papers and food for the weekend. Besides free pizza provided by Vineyard Church of Ann Arbor, people can get a bag of groceries, bottles of water, coffee, tea or hot chocolate.

I'm selling papers again, so I'm back at Pizza in the Park where I recently ran into a new group not from Vineyard Church: the Share Initiative.

The nights I have seen them, they were donating new warm blankets, jackets or winter coats, socks, shoes and more – things for people struggling in the cold.

I was especially happy that I got a few hand-warmers to make selling my papers more comfortable during this cold month. I got another grocery bag from them with delicious goodies and snacks to make selling more bearable. I even got some new Vans shoes. Pretty cool!

And I had the pleasure of meeting Amanda, Demond, Ahmad and Lorna.

Amanda Colwell later explained that they all work at A2 Fitness Profes-



Ahmad Samaha, left, Amanda Colwell and Demond Johnson of The Share Initiative, a new organization dedicated to working with the homeless population. Photo by Jim McBee.

sionals, which coordinates the Share Initiative. They are fitness therapists who help people rehabilitate from catastrophic injuries.

A2 Fitness Professionals has been a growing, successful business since 2009. The trainers make sure their clients leave feeling stronger and capable of safely performing everyday activities such as going up the stairs. Colwell said it takes some longer than others to make progress, from six months to

five years depending on the severity of injuries and clients' goals.

"Being able to work with this population is very rewarding," Colwell said, "and I wish more people knew about how amazing these people are."

They enjoy helping injured people in our community, and they wanted to help more, especially the people most in need. Demond Johnson, chief executive officer of A2 Fitness, was familiar

with Pizza in the Park, and he and Colwell thought they could help the most people there.

Colwell, director of community outreach for A2 Fitness, encourages all her fellow trainers to take part in the Share Initiative, but it's not required. People with such kind hearts are a treasure and I'm grateful to have met them.

As a Groundcover fan and reader, you might want to learn more about the Share Initiative. Come check out Friday evenings at Liberty Plaza and, if you are looking to donate good clothing and supplies, bring them to the Share Initiative at the A2 Fitness Professionals studio at 905 W. Eisenhower Circle in Ann Arbor, where you will have the pleasure of meeting them personally, or call 734-222-5080 and arrange a pick-up.

I thought it would be great to write my article about the Share Initiative this month since it is beginning a partnership to manage aspects of Groundcover News and I'm excited to see what that is going to be like, and to get to know them each a little more.

## Sudoku

7	5		8	4				
1		4			5			
	3					1		
	1	8		9	6			2
		9				3		
2			3	1		8	6	
		7					8	
			4			6		3
				2	7		9	1

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

## GROUNDCOVER VENDOR CODE

While Groundcover News is a non-profit organization that works with newspaper vendors who are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

- I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.

- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.

- I will wear and display my badge when selling papers.

- I will only purchase the paper from Groundcover News staff and will not sell to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.

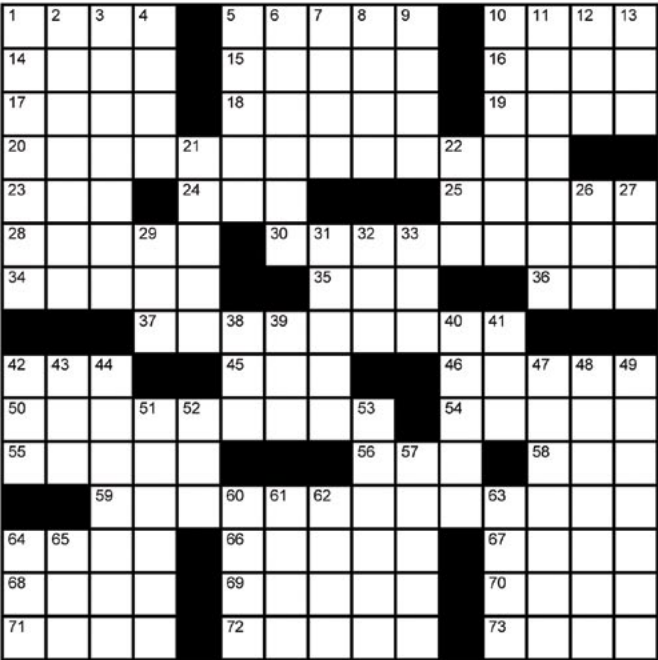
- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pres-

## Vowel Shift

By Tracy Bennett and Victor Fleming

### ACROSS

- Cries out loud
- Florist's cuttings
- Telling sign
- Threaded metal fastener
- Moon of Saturn
- Unspeakably bad
- UMich Law grad, some day
- Dried poblano
- Moon \_\_\_\_ Zappa
- "Tiny" NBA Hall-of-Famer, or a "Gossip Girl" character
- Beats Electronics co-founder
- Glass of "This American Life"
- Speaks in gravelly tones
- "You win the prize!"
- One who goes overboard with the life-changing magic of tidying up
- Vocal effect in "The Lonely Goatherd" song
- Do some sighting
- Give it your all, say
- After-hours pleasures
- Some plank holders, briefly
- Puffy little dog, for short
- Indian state of tea and silk
- Low-tech recording medium
- Misting up, say
- "Now \_\_\_\_ done it!"
- Undeveloped, as new talent
- "Alles \_\_\_\_ gut" ("Everything is fine")
- Magizoologist who wrote "Fantastic Beasts and Where to Find Them"
- "Star Wars" stormtrooper turned rebel fighter played by John Boyega
- Part of Hispaniola
- Mozart's "\_\_\_\_ kleine Nachtmusik"
- Some Serena serves
- Joins the game
- Sarah McLachlan ballad from "Surfacing"
- Negate a former negation, keyboard style
- Dandelions, to some
- Word with ginger or square



© Tracy Bennett and Victor Fleming (published via Adobe Acrobat DC)

### DOWN

- Staunchly support, as a loyal friend
- Trudeau's province
- Unsmoked cigarette piece
- Eyelid annoyance
- Comics reporter Brenda
- Low-tech intercom medium
- Make some plates
- Half a fish
- Lah-di-dah type
- Egg-like, formally
- Bent
- Giants quarterback Manning
- Pull down
- Garlicky sauce
- 45-Across alert
- Number for the course
- Domain of Uranus
- Next-\_\_\_\_ (cutting edge, in tech-speak)
- Wonderland tag line
- Feel not so hot
- "Stop two sentences ago already!"
- UMich admissions stat
- Emulate Kanga or Roo
- Islamic decree
- Linguistic ending
- "... have you \_\_\_\_ wool?"
- "To Kill a Mockingbird" character
- Knocked sideways, say
- Satisfactorily responded to the "oath" question
- 1990s comedian and talk show host Hall
- "I've already paid!"
- "But nevertheless ..."
- Accommodation in the nave
- Like some sexy movies
- Somewhat off
- Take out of the freezer
- Having a batless belfry?
- Refer to
- 64-Down's opposite
- 63-Down's opposite
- It's in the freezer

## POWWOW

continued from page 7

A remarkable unravelling in the treaty of 1817 is summarized by the following statement:

"In the treaty process, Gov. Cass persuaded the Natives to cede 3,840 acres of land, half of which was earmarked for St. Anne's Church, and half for 'a college of Detroit' in which the natives would be eligible to enroll."

After the treaty was finalized, Judge Augustus Woodward, the Rev. Gabriel Richard and the Rev. John Monteith drafted legislation which founded the University of Michigan in Detroit under the name Cathol-epistemiad on Aug. 26, 1817.

The university moved from Detroit to Ann Arbor in 1837. The land gift to U-M by the tribes was sold and the income investment became the foundation of U-M's endowment.

## 45th Annual DANCE for MOTHER EARTH POWWOW

**When:** March 30-31

**Where:** Skyline High School, 2552 N. Maple Road, Ann Arbor

**Single day tickets:** \$5 for children, \$7 for seniors and \$10 for adults

**Weekend tickets:** \$7 for children, \$10 for seniors and \$15 for adults

**Contact:** Gabrielle May, [danceformotherearth@gmail.com](mailto:danceformotherearth@gmail.com)

## Bethlehem United Church of Christ

423 S. Fourth Avenue, Ann Arbor, MI 48104 734-665-6149  
[Bethlehem-ucc.org](http://Bethlehem-ucc.org) [facebook.com/bethlehemuccA2](https://facebook.com/bethlehemuccA2)

Bethlehem Church is home of the Groundcover office

### Sunday Worship Times

8:30 a.m. Chapel  
10:00 a.m. Sanctuary  
10:15 a.m. Sunday school



### MARCH 2019 EVENTS:

- |              |   |
|--------------|---|
| March 6      | <b>ASH WEDNESDAY</b><br>7:00 - 8:30 AM<br>Imposition of Ashes at Blake Transit Center<br>12:00 and 7:00 PM<br>Worship Service, Chapel   |
| March 7 & 21 | <b>Bethlehem Prayer Circle</b> , 11:30-12:15  |
| March 8-9    | <b>Doing Our Own Work. Anti-Racism seminar for white people.</b><br><a href="http://alliesforchange.org/doow-ann-arbor-2019">alliesforchange.org/doow-ann-arbor-2019</a>  |
| March 10     | <b>Advanced Care Planning</b> , 10:30 – 1:00  |
| March 16     | <b>German Pretzel Sales</b> , 10:30 – 12:30, \$1 or \$10 dozen<br>To place an order call the church office: 734-665-6149  |
| March 31     | <b>Fundraiser at Knight's Steakhouse for Fisher House Michigan to support military and veterans' families.</b><br>For tickets and info 734-665-6149   |
| March 31     | <b>Sister Simone program: 2:30 PM at Bethlehem Church. Mending the Gap – Why do so many people feel left behind. Tickets at:</b> <a href="http://results.salsalabs.org/sistersimone/index.html">results.salsalabs.org/sistersimone/index.html</a> |

## GROUNDCOVER NEWS ADVERTISING RATES PACKAGE PRICING

Size	Black and White	Color	Approx. Size (W x H)
Business card	\$49.95	\$65.95	3.5 x 2
1/8	\$89.95	\$129.95	5 x 3 or 2.5 x 6.5
1/6	\$129.95	\$165.95	5 x 4
1/4	\$159.95	\$215.95	5 x 6.25
1/2	\$299.95	\$399.95	10.25 x 6.5 or 5 x 13
Full Page	\$495.95	\$669.95	10.25 x 13

**Three Months/Three Issues: 15% off**

**Six Months/Six Issues: 25% off**

**Full Year/Twelve Issues: 35% off**

**Additional 20% off ads with coupons**

# Overwhelmed by waste

by Glenn Leiding  
Groundcover Contributor

When I was a child, every night my mother prepared a classic, multi-course, European-style, handmade-with-love, old-fashioned, everybody-sits-together-at-the-table kind of dinner, with tablecloths and napkins and all that. I had no idea at the time how fortunate I was.

When I didn't want to finish something – such as a pork chop, less the fat rind – my father would say, “Don't you know there are children starving in India?” I didn't know what or where India was, but I would think, “Well, why don't you mail it to *them*, then!”

It has been estimated that about 50 percent of the food produced for people in the United States ends up wasted – either disposed of by the final consumer, or further up along the production, processing, distribution, retail and service chains. This is despite the noble efforts of food rescue organizations such as our own local Food Gatherers.

One problem with Food Gatherers' approach, for me, is that when they distribute food monthly at my own low-income apartment building, they

give *too much* food. We have tiny refrigerators here. I mean, how many big cabbages or gallons of milk or bags of apples or heads of kale can I possibly keep for a month? Sadly, even I become complicit in this nationwide scandal of food waste.

Food production, distribution, processing, storage, point-of-sale presentation, home delivery and preparation involve a huge investment of mostly fossil-fuel energy – and therefore production of greenhouse gases. Non-organic fertilizers are produced from petroleum or natural gas byproducts. Organic fertilizers (mostly manure) are primarily produced by animals that emit methane (a potent greenhouse gas), which are in turn are fed by plants usually grown by humans.

Pollutants such as nitrogen and phosphorus run off from massive agricultural and livestock operations into our watersheds and cause toxic algae blooms, such as those that have been a major problem for residents near us in Toledo who depend on water from Lake Erie for their drinking water supply. These “nutrients” then deplete oxygen from the water and produce massive dead zones in ocean regions such as the mouth of the Mississippi River.

E. coli bacterial contamination of even vegetables from massive, intensive animal feedlot operations has resulted in numerous outbreaks of food poisoning, expensive product recalls and yet more food waste. Who ever thought we should be afraid of alfalfa sprouts or romaine lettuce?

When food is wasted, not only are these environmental investments – and costs – wasted, it decomposes directly back into the carbon dioxide or methane from which it came, without any benefit to humanity other than the profits along the line to those who brought it to the end user. It might get composted back into fertile soil for future food production, but really, what percentage of our wasted food actually ends up composted rather than sent to a landfill?

And this waste is not confined to food. I wrote this article on a recent-edition, fast HP laptop computer, with plenty of RAM and hard disk space, that I found in a recycling bin when the university students moved out. Electronics aren't even supposed to be in the regular recycling stream due to their toxic heavy



metals, but I was happy to rescue this one.

For the past two days, I have been feasting on two huge pizzas I found in the trash (frozen, of course) while I was looking for returnable cans for a little extra cash. In some big cities, “Freegans” celebrate together with gourmet meals from food scavenged from dumpsters. In many cities, it is illegal for restaurants to give unserved leftover food to those who need it, so they must dump it.

This food injustice scandal and environmental catastrophe must end. I don't have any easy solutions beyond personal responsibility. I wish we could just mail our leftover food to the poor starving children in India.

# DBT therapy

continued from page 4

- **Emotion regulation** identifies and understands emotional states, and reduces vulnerability through acting opposite of emotions, taking a problem-solving approach and decreasing the intensity of emotions. It helps people recognize their emotions without getting overwhelmed. The goal is to regulate feelings without behaving in reactive, destructive ways.

- **Interpersonal effectiveness** focuses on accomplishing goals while establishing or maintaining relationships and improving or maintaining self-respect. It gives people tools to express their beliefs and needs, set limits, negotiate solutions to problems, protect relationships and treat others with respect.

Increasing the ability to tolerate distress starts with a change in attitude, and that calls for radical acceptance. Radical acceptance means accepting something completely without judging it, fighting it or getting angry. Being overly critical about a situation prevents taking steps to change it. Radical acceptance teaches

people to recognize that a stressful situation exists because of a chain of events that began far in the past; each moment is connected like a line of dominoes that knock each other down.

My first domino was my addiction getting to rock bottom. Then came the loss of contact with family and friends, then homelessness. Once I “lost” my family members, I was alone to endure my struggles. It was too much for me. I hadn't learned to be an adult, and I didn't know what to do. I learned to practice radical acceptance. I didn't judge or get mad at my situation. I just dealt with it, finally. I put on my big girl pants for the first time in my life.

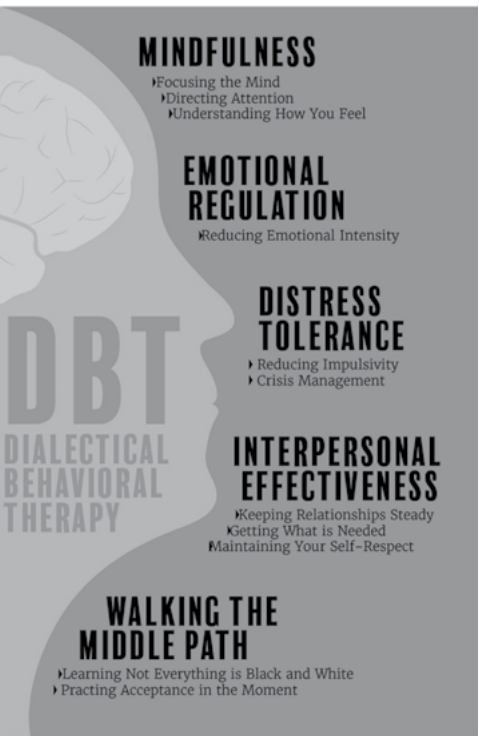
Dialectic means to balance and compare two things that appear very different or even contradictory. In Dialectical Behavioral Therapy, this balance is between change and acceptance. DBT depends on acceptance *and* change, not acceptance *or* change. Radically accepting something doesn't mean giving up and accepting every bad situation. It doesn't mean condoning bad behavior in others, but it does mean that

you stop trying to change what's happened by getting angry and blaming.

To begin radical acceptance, it's helpful to use coping statements, such as:

*This is the way it has to be.*  
*All the events have led up to now.*  
*I can't change what's already happened.*  
*The present is the only moment I have control over.*  
*Fighting the past only blinds me to my present.*

If you think you might benefit from DBT, check out the Ann Arbor DBT Center at 202 E. Washington St. in downtown Ann Arbor or the Women's Center of Southeastern Michigan at 510 S. Maple Road on the west side of Ann Arbor. There are DBT support groups throughout the county.



# 10 for \$10

# Exploring Washtenaw County on the cheap

by Elizabeth Bauman  
Groundcover Contributor

Looking for something to do that won't break the bank? Hoping to try something new? Wanting a little something sweet or savory? **10 for \$10** hopes to introduce or reintroduce you to low-cost or free things to do in Washtenaw County and surrounding communities.

**1. Maple sugaring at Hudon Mills Metropark** every weekend in March, 10 and 11 a.m. and noon. Hudson Mills Metropark, 8801 N. Territorial Road, Dexter. Preregister by Phone: 734-426-8211. \$5/adults, \$3/kids; \$10/vehicle entry. For breakfast (between 9 a.m. and 1 p.m.), add \$6/adults, \$4/kids. Parking is \$11 or free with Michigan recreation passport.

**2. Go to the Merri Lou Murray Recreation Center**, 2960 Washtenaw Ave, Ann Arbor. Use of the pool, drop-in gym sports, ping pong table, game area, weight and cardio rooms is free with admission. Find gym schedules and more at [www.washtenaw.org/507/Gymnasium-Programs](http://www.washtenaw.org/507/Gymnasium-Programs) or call 734-971-6355. County resident daily admission \$8, \$6 for child, senior or disabled adult.

**3. Attend an arts-related presentation at the Michigan Theater**, Thurs. March 14 and March 21 at 5:10 p.m., part of the Penny Stamps series. Visit [www.michtheater.org/penny-stamps-speaker-series](http://www.michtheater.org/penny-stamps-speaker-series) for more information. **FREE**

**4. Play pool, pinball, video games or Dance-Dance Revolution at Pinball Pete's arcade**, 1214 South University, Ann Arbor Michigan. Phone: 734-213-2502 for availability.

**5. Drawing for Adults | Drawing Birds with Colored Pencils** at Ann Arbor District Library. Sundays, 3-5:00 p.m. Ann Arbor District Library, Westgate Branch: West Side Room. Everything you need to practice your drawing skills. A different topic every week. All skill levels are welcome to participate. Supplies are provided. **FREE**

**6. Visit the Kelsey Museum of Archeology**, 434 South State Street, Ann Arbor, Tuesdays through Fridays, 9-4 p.m., Saturdays and Sundays, 1-4 p.m. More than 100,000 artifacts from ancient civilizations. Special exhibition on how artists in the ancient Rome produced and used color. **FREE** (donations accepted)

**7. Welcome spring at Matthei Botanical Gardens**, 1800 N. Dixboro Rd., Ann Arbor. Daily 10 a.m.-4 p.m. and Wednesdays until 8 p.m. Stroll through the outdoor gardens and warm up in the tropical conservatory. **FREE**

**8. Attend a healthy living workshop brought to you by the People's Food Co-op.** Each month PFC sponsors free classes related to food and healthy living. For more info, visit [peoplesfood.coop/community-outreach/classes](http://peoplesfood.coop/community-outreach/classes). **FREE**

**9. Watch an act at Ann Arbor Comedy Showcase.** Thursday night performances are \$10 if purchased before 5 p.m. the night of the show and start at 7:30. [aacomedy.com](http://aacomedy.com)

**10. Attend a free concert at the U-M School of Music, Theatre & Dance.** See adjacent article in this issue for details. **FREE**

*Want to contribute to 10 for \$10? Please send ideas for inexpensive treasures and experiences in and around our vibrant community to: [submissions@groundcovernews.com](mailto:submissions@groundcovernews.com)*

# Boost your mood with free concerts

by Selena Grover  
U-M Student Contributor

The U-M School of Music, Theatre, and Dance holds free concerts open to the public every month. The variety and quality of these programs is astonishing, ranging from solo vocal and instrumental recitals, to early music period-instrument and jazz ensemble performances, to symphony orchestra

concerts and full-scale opera productions. There is always available seating with no required reservations. The school does not discriminate based on race, gender or income, so all are welcome to attend.

See **below** for a list of some free concerts in March. Visit the U-M SMTD website, [smtd.umich.edu](http://smtd.umich.edu), for a complete calendar of events.

## U-M School of Music, Theatre & Dance

### Select Public Performances

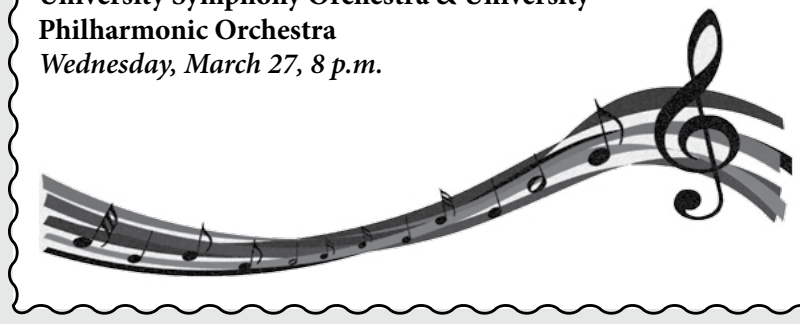
*(all the following concerts take place at Hill Auditorium, 825 N. University Ave., Ann Arbor, MI 48109)*

**Symphony Band Concert**  
*Friday, March 15, 8 p.m.*

**Michigan Youth Symphonic Band and Orchestra Concert**  
*Monday, March 18, 7 p.m.*

**Concert Band Concert**  
*Wednesday, March 20, 8 p.m.*

**University Symphony Orchestra & University Philharmonic Orchestra**  
*Wednesday, March 27, 8 p.m.*



# PUZZLE SOLUTIONS

7	5	2	8	4	1	9	3	6
1	9	4	6	3	5	7	2	8
8	3	6	9	7	2	1	5	4
3	1	8	7	9	6	5	4	2
4	6	9	2	5	8	3	1	7
2	7	5	3	1	4	8	6	9
9	4	7	1	6	3	2	8	5
5	2	1	4	8	9	6	7	3
6	8	3	5	2	7	4	9	1

1	S	O	B	S	5	S	T	E	M	S	10	O	M	E	N	
14	T	N	U	T	15	T	I	T	A	N	16	V	I	L	E	
17	A	T	T	Y	18	A	N	C	H	O	19	U	N	I	T	
20	N	A	T	E	21	A	R	C	H	I	B	22	A	L	D	
23	D	R	E	24	I	R	A	25	R	A	S	P	S	26	27	
28	B	I	N	G	29	O	30	N	E	A	T	F	R	E	A	K
34	Y	O	D	E	L	35	A	I	M	36	T	R	Y	37	38	39
42	A	B	S	43	44	P	O	M	45	46	A	S	S	A	M	49
50	N	O	T	E	51	P	A	P	E	R	53	T	E	A	R	Y
55	Y	O	U	V	E	56	R	A	W	57	I	S	T	58	59	60
64	F	I	N	N	65	66	H	A	I	T	I	67	E	I	N	E
68	A	C	E	S	69	A	N	T	E	S	70	A	D	I	A	71
72	R	E	D	O	73	W	E	E	D	S	74	R	O	O	T	75

## Thai vegetable soup

by Elizabeth Bauman  
Groundcover Contributor

### Ingredients

- 2 cans unsweetened coconut milk
- 4 cups water
- 1 cup pumpkin purée
- 1/2 cup sliced galangal (can be found at Whole Foods – make sure you'll be able to slice it)
- 2 1/4 cups broccoli florets, chopped
- 1/2 cup onion, finely chopped
- 1 1/4 cup carrots, sliced
- 2 stalks lemongrass, cut into 1-inch pieces
- 2 Roma tomatoes, sliced
- 2 cups button mushrooms, sliced
- Add sliced tofu if desired
- 4 Tbsp. soy sauce
- 2 tsp. brown sugar
- Pinch of salt
- 2 spring onions, finely chopped
- 1 tsp. crushed chili pepper\*
- 4 Tbsp. lime juice

Chopped cilantro garnish and extra flavor.

\* This is a spicy soup. You may want to add less chili pepper.

### Directions

Mix coconut milk, water and pumpkin purée in a large saucepan, stir and bring to a boil.

Add galangal, broccoli, onion, carrots and lemongrass. Cook over high heat for 3 to 4 minutes until fragrant.

Add tomato, mushroom and tofu if

desired. Simmer until vegetables are done.

Season with soy sauce, sugar and salt.

Turn off the heat and stir in spring onion, pepper and lime juice.

Remove as much galangal you can.

Garnish with cilantro leaves.

Serves 4.

### Upcoming book

**by Kevin Spangler and Ariel Magidson**

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## the ding dongs

OR WHAT IS THE PENALTY IN PORTUGAL?

BY BRENDA WITHERS  
directed by LYNN LAMMERS

a comedy thriller about who belongs inside the gate and who will be left on the outside

March 28 TO April 14

**\$5 OFF UP TO 4 GENERAL ADMISSION TICKETS FOR ANY PERFORMANCE USE COUPON CODE: GROUNDCOVER**

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7885 Jackson Rd.  
Ann Arbor 48103

TICKETS ONLINE & AT DOOR  
[kickshawtheatre.org](http://kickshawtheatre.org)

## Need a Pair of Cool Shades?

**Find it ALL at the Kiwanis Thrift Sale!**

Relics, treasures, everyday items and one-of-a-kind keepsakes – we've got it! Every purchase helps children in need in our community. Shop today!

Call 734-665-0450 or visit [a2kiwanis.org](http://a2kiwanis.org) for more information.

*Items shown are representative of typical sale items, not actual inventory.*

**Help Us Help Kids**  
**#KidsNeedKiwanis**  
**Like Us On**

**Kiwanis Thrift Sale**  
Friday & Saturday 9am-1pm  
100 N. Staebler Rd. off W. Jackson Rd.  
(One mile west of Zeeb Rd.)  
[a2kiwanis.org](http://a2kiwanis.org)  
Official Sponsor of Warm the Children

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NATURAL FOODS MARKET & DELI

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